

Modern Science

Moderní věda

№ 5 - 2022

scientific journal

vědecký časopis

Prague Praha

MODERN SCIENCE - MODERNÍ VĚDA

№ 5 - 2022

**Incorporated in**  
*Czech Republic*  
MK ČR E 21453  
published bimonthly  
signed on the 27th of October 2022

**Evidenční číslo**  
Česká republika  
MK ČR E 21453  
Vychází šestkrát do roka  
podepsáno k tisku 27. říjen 2022

**Founder**  
*Nemoros*  
Main office: Rubna 716/24  
110 00, Prague 1, Czech Republic

**Zakladatel**  
*Nemoros*  
Hlavní kancelář: Rybná 716/24  
110 00, Praha 1, Česká republika

**Publisher**  
*Nemoros*  
Main office: Rubna 716/24  
110 00, Prague 1, Czech Republic

**Vydavatel**  
*Nemoros*  
Hlavní kancelář: Rybná 716/24  
110 00, Praha 1, Česká republika

*The East European Center  
of Fundamental Researchers  
Rubna 716/24  
110 00, Prague 1, Czech Republic*

*Východoevropské centrum  
základního výzkumu  
Rybná 716/24  
110 00, Praha 1, Česká republika*

**Address of release**  
*Modern Science*  
Rubna 716/24, 110 00, Praha 1  
Czech Republic

**Adresa redakce**  
*Moderní věda*  
Rybná 716/24, 110 00, Praha 1  
Česká republika

Editorial Board / Redakční rada

*Dr. Iryna Ignatieva, Ph.D. Diana Kucherenko, Roman Rossi*

Editorial Council / Redakce

*Dr. Oleksii Hudzynskyi, Dr. Halina Aliakhnovich, Ph.D. Angelina Gudkova,  
Dr. Iryna Ignatieva, Ph.D. Diana Kucherenko, Dr. Natalia Yakovenko,  
Dr. Oleksandr Makarenko, Dr. Natalia Mamontova, Ph.D. Nataliya Chahrak,  
Dr. Iryna Markina, Ph.D. Nataliia Ivanova, Dr. Yuriy Chernomorets*

Chief-editor / Vedoucí redaktor

*Dr. Iryna Ignatieva*

## CONTENTS

### Economics

**Kateryna Kompanets, Tetiana Sydorenko, Ruslan Fedoryak.** Methods of vakuung the leadership qualities personnel of serrvice sphere.....5

**Tetiiana Tsalko, Svitlana Nevmerzhytska.** Foreign expereience of implementation of public-private partnership of the state and business.....15

**Ádám Suhajda.** Effects of scheduled economic news on equity and forex price developments .....22

**Yuliia Koval, Tetiana Hrynychuk.** Financial regulation of monetary circulation in the context of ensuring economic stability of the country .....30

**Yuliia Chaliuk.** Activation of international financing of social development .....38

### Public administration

**Olena Mogyl, Vladyslav Mogyl, Larysa Rodchenko.** Public management and administration in provision sustainable development of territories: theoretical and organizational aspect.....45

**Igor Rodchenko, Oleksandr Usachenko, Larysa Rodchenko.** Peculiarities of public administration development in Ukraine: current trends and problems ..... 57

### Pedagogy and psychology

**Hanna Breslavska, Svitlana Yakymenko, Polina Yakymenko.** Pedagogical design as a personality-oriented direction of students extracurricular work .....67

**Sofia Dembitska, Oleksandr Kobylanskyi, Iryna Kobylanska, Sergiy Pugach, Olga Akimova.** Methodology and information formation of professional competency of the specialists in the system of postgraduate education ..... 77

**Oleg Druz, Inna Chernenko, Larysa Rodchenko.** Psychosocial approach to the occurrence of posttraumatic disorder in military personnel .....88

**Mykola Krasnokutskyi.** Social-psychological technologies of personelity resonality restoration after traumatic events.....94

## SOCIAL-PSYCHOLOGICAL TECHNOLOGIES OF PERSONALITY RESTORATION AFTER TRAUMATIC EVENTS

*Mykola Krasnokutskyi,*

*Researcher of the Educational and Scientific Laboratory of  
Extreme and Crisis Psychology of the Research Center National University of  
Civil Defense of Ukraine, Ukraine*

**Annotation.** *In the conditions of many years of military aggression, the need to develop a comprehensive approach to maintaining, preserving and restoring the psychological health of various segments of the population is becoming increasingly urgent. The need for competent and timely psychological intervention in preparing people for meetings with numerous trials is growing every day. The problem of increasing the social and adaptive capabilities of a person becomes essential, which involves the development of psychologically based and empirically tested interventions that would restore the psychological health of victims of long-term traumatization and prevent further complications.*

**Keywords:** *personality, psychological health, rehabilitation, self-help, self-support.*

The problem of the complex restorative effect on the health of a person participating in military conflicts is in the center of attention of psychologists of NATO countries. Each country provides professional psychological support to the military, aimed at early detection of deviations and facilitating the return to normal activities. Mental health support teams typically consist of psychiatrists, psychologists, social workers, nurses, and chaplains, with a lack of consensus on the distribution of areas of influence. Psychological decompression measures and special trainings are conducted, the purpose of which is to prepare the military to return home.

As the analysis of the latest military actions in Ukraine shows, the most modern preventive work includes the strengthening of vitality, self-regulatory skills, independence, and initiative in the military context. Among the important new developments is the increasing role of the social leader, which actively influences the motivation, thinking and coping of combatants, restoring their psychological health (Vermetten, 2014). British scientists discovered the influence of such important for our topic socio-psychological factors as pre-catastrophic (life events, health), peri-catastrophic (peri-traumatic experience, perception of safety, injuries), social (organizational support, social support in general) and post-disaster (impact on later life) (Brooks, 2017).

**Analysis of recent research and publications.** Psychologists-researchers working in the field of personal health care pay a lot of attention to the forms of organizing social support for a person affected by trauma, methods of working with PTSD, overcoming the stigmatization of patients in society (Crone, 2019; Klymchuk, 2018; Winkler, 2017), the role of culture in the formation of health restoration practices (Jodelet, 2017).

Taking into account these factors, and especially the peri-catastrophic ones, which are the most relevant in Ukrainian realities today, will certainly contribute not only to

overcoming post-traumatic stress states, but also to improving the quality of life of various segments of the population. Unsolved problems include socio-psychological technologies for restoring the psychological health of people who took part in military operations, have a traumatic experience, and lost a sense of security as a result of forced displacement from the occupied territories.

The purpose of the article is to develop a comprehensive approach to preserving and restoring the psychological health of an individual who suffered as a result of prolonged military operations. In order to achieve the set goal, it was necessary to solve the following tasks: to develop the theoretical and methodological foundations of technologies for restoring the psychological health of an individual; to research the technologies of socio-psychological rehabilitation of combatants and internally displaced persons; determine methods of mobilizing personal resources that ensure the effectiveness of social and psychological rehabilitation.

**Presenting main material.** The following research methods were used to solve the tasks set by the team of researchers of the laboratory of social psychology of the personality of the Institute of Social and Political Psychology of the National Academy of Sciences of Ukraine: the method of phenomenological analysis of individual and group counseling interventions, survey methods, in-depth and contextual interviews, and case studies. Interpretation of the results was carried out using the procedures of content and narrative analysis and qualitative analysis of creative products.

**Technologies for restoring the psychological health of an individual.** As a result of the study, it was determined that the consequences of long-term military trauma should be analyzed in the full range from negative (PTSD, decrease in the level of psychological health of the individual) to positive (post-traumatic growth, activation of life creation). Negative consequences are manifested at the socio-psychological level as a decrease in the tendency to cooperate, the ability to empathize, a drop in trust in the world; at the value-semantic level, as a loss of the ability to find new life perspectives, a deterioration in the understanding of experience, a decrease in the ability to get pleasure from everyday life; at the individual-psychological level, as an experience of splitting, violation of integrity, destructive changes in identity, a decrease in the need for self-realization, a decrease in balance, adaptability.

Accordingly, the main condition for maintaining psychological health is the individual's readiness to creatively construct his own life. A means of restoring psychological health is social and psychological rehabilitation as a complex process of revitalizing life and increasing subjective well-being. The ability of an individual to manage his own life involves the restoration of readiness for self-transformation and the implementation of updated projects of the future in the family, personal, and professional spheres.

Rehabilitation involves the variability of interventions, taking into account the life history of the individual, his resources and the nature of the injury, the possibility of restoring partially lost functions, prevention of complications.

As a result of the study, it was determined that the consequences of long-term military

trauma should be analyzed in the full range from negative (PTSD, decrease in the level of psychological health of the individual) to positive (post-traumatic growth, activation of life creation). Negative consequences are manifested at the socio-psychological level as a decrease in the tendency to cooperate, the ability to empathize, a drop in trust in the world; at the value-semantic level, as a loss of the ability to find new life perspectives, a deterioration in the understanding of experience, a decrease in the ability to get pleasure from everyday life; at the individual-psychological level as the experience of splitting, violation of integrity, destructive changes in identity, decrease in the need for self-realization, decrease in balance, adaptability (Vizniuk, 2019).

Accordingly, the main condition for maintaining psychological health is the individual's readiness to creatively construct his own life. A means of restoring psychological health is social and psychological rehabilitation as a complex process of revitalizing life and increasing subjective well-being. The ability of an individual to manage his own life involves the restoration of readiness for self-transformation and the implementation of updated projects of the future in the family, personal, and professional spheres.

Rehabilitation involves the variability of interventions, taking into account the life history of the individual, his resources and the nature of the injury, the possibility of restoring partially lost functions, prevention of complications.

Empirically established key (integrity, self-realization, self-regulation) and auxiliary indicators of psychological health of the individual. Auxiliary indicators should be considered at three levels: individual-psychological (creativity, balance, adaptability), value-meaning (search for new meanings, understanding of experience, ability to enjoy life) and social-psychological (tendency to cooperate, ability to empathize, responsibility towards society).

The criteria for the restoration of psychological health are the available opportunities of the researched: to achieve a higher level of personal integrity and continuity, self-belief, the ability of self-support and self-help; increase self-efficacy; strengthen the need-motivational, value-meaningful resources of the individual as a source of self-change; restore constructive relations with the environment.

The effectiveness of restoring psychological health is ensured by such vectors of rehabilitation work as the focus on achieving sustainable self-acceptance, restoring self-efficacy, the ability to value-meaning renewal, and increasing the level of communicative competence. Accordingly, the activation of the individual's readiness can be considered as the meaningful targets of rehabilitation influences:

- to changes in attitude towards oneself, self-identification;
- to changes in the field of significant relationships, development of a new communicative territory;
- to changes in sensemaking, filling one's everyday life with new meanings, and the future with new perspectives.

The restoration of personality at the individual-psychological level centers around the possibilities of increasing emotional stability as the ability to control one's own

emotional states in interaction situations. It has been experimentally determined that emotional stability is determined by experience, which includes core representations, and superficial, primary representations. Accordingly, the increase in emotional stability depends on the balance of experience and superficial ideas, the range of strategies for getting out of situations; the ability to reflect on one's own emotional manifestations; ideas about optimal models of behavior in emotionally significant situations. An algorithm for the step-by-step application of rehabilitation technologies aimed at increasing emotional stability with the involvement of biological feedback has been established (Malkhazov, 2018).

**Technologies for the recovery of combatants and internally displaced persons.**

The complex of technologies is aimed at rethinking the experience, interpreting the trauma as an actualizer of life resources, forming prosocial models of behavior (employment, professional retraining, maintaining or creating a family, ensuring one's own well-being) with their subsequent approval in the environment, group mutual assistance of combatants and volunteers. Prevention of relapses of antisocial behavior involves work on the constructive mastery of stressful situations without the use of alcoholic beverages or narcotic substances (Lazorenko, 2018).

A separate group of subjects was made up of military personnel who are in hot spots and experience social disorientation, a violation of their perception of the world and their role in it; partial loss of contacts, integrity of "I". It turned out that the consequences of trauma significantly reduce their level of self-efficacy, which is necessary for building constructive coping. The main reasons for the decrease in self-efficacy are the unpredictability of stress, damage to the value base, the use of non-functional resources, and a certain "obsession" with losses.

Losses experienced by combatants can be divided into three types: physical (death of friends, bodily injuries), social (loss of significant relationships, jobs) and psychological (erosion of identity, loss of trust in the state, command, loss of motivation to stay at war). According to the data, the death of friends, lack of sleep, and a drop in motivation to stay in the war have the greatest impact on lowering the level of military self-efficacy. In order to restore self-efficacy, individual technologies of acceptance of loss, localization of reasons for the reduction of personal resources, and media technologies aimed at indirect stimulation of a person's internal activity through the viewing of encouraging, motivating videos that offer constructive scenarios for solving the problem have been developed (Myronchak, 2018).

One of the painful psychological problems faced by military personnel after demobilization is the need to overcome the state of alienation. The analysis of its causes showed the blocking of trust in the world, the loss of the value of oneself and one's life, meaningful life disorientation. Diagnostics showed that military personnel experience the highest level of alienation in relation to society, other people and work, and the lowest level - in relation to themselves and their families. Common forms of alienation are adventurism (the search for strong experiences in dangerous extreme activities) and powerlessness (disbelief in the ability to influence important life situations). The source



of these experiences is unfair treatment from the environment and the internal conflict provoked by it between experiencing the value of one's own life and self-depreciation. Accordingly, a complex of technologies for restoring dialogue with the world, life, self and meaning has been tested (Chernyavska, 2018).

The focus was on the work to restore the psychological health of internally displaced persons. Representatives of this social group, who have experienced numerous losses, are poorly aware of the need for psychological support, security and safety, using unproductive strategies of interaction with society, in particular, the strategy of learned helplessness and self-stigmatization. Both indirect and direct group technologies turned out to be productive. Mediated technology makes it possible to promptly respond to the needs of a large number of internally displaced persons, stimulating their constructive interaction. An equally productive direct art therapy technology is aimed at restoring the life continuity of an individual, which involves the activation of its resource channels and creative potentials (Gundertaylo, 2017).

**Ways of mobilizing personal resources.** Every difficult life situation activates the restorative resources of the individual. In the most traumatic periods of life, basic resources acquire special importance, which includes the restoration of vitality. The viability resources model consists of interdependent coping and practices (risk management, dialogue, social support), an optimistic or pessimistic attitude to certain events, the level of readiness for active participation, the desire to protect significant values, vision of prospects and the ability to seek support from family, relatives, friends

According to the data obtained, the most widespread forms of organizing life in dangerous situations are open confrontation with its confrontational skills and readiness for risk, controlled vigilance, which is manifested in accepting responsibility for solving a problem situation and increasing self-control, or passive patience. The technology of restoration of vitality resources includes techniques of reconstruction of rehabilitation resources and safety skills of the individual, methods of increasing the basic level of trust and correcting negative communication guidelines, non-constructive communication (Larina, 2018).

Modern electronic services, in particular personal mobile devices (phones, tablets, etc.), are becoming an instrumental resource for overcoming the consequences of traumatic events. The specific software installed on them not only contributes to the dissemination of information about traumatic conditions, but also serves to restore the personality after traumatic events. Mobile applications become an important tool for diagnosing, monitoring and adjusting the user's condition due to convenience, accessibility, wide possibilities of individual design with the involvement of game elements, saving the history of actions, and the ability to check efficiency. However, in complex situations that require the intervention of a specialist, mobile applications are unsuitable for self-help.

According to the received data, the rates of traumatization of veterans are reduced thanks to such functions of mobile applications as informative, diagnostic, monitoring, and communicative. Incorporation of mobile applications into the process of recovery



of personal health involves structuring of information (educational stage), automation of symptom assessment (diagnostic stage), diversification of rehabilitation communication tools and monitoring of changes (basic stage), partial replacement of support procedures (supportive stage) (Dvornyk, 2017).

Group recovery is ensured thanks to the formation of a new dynamic network of mutual exchange of participants' experiences, the growth of community self-awareness, and the improvement of its self-organizing and regulatory processes. In this process, the so-called narrative reticulation plays an important role, which involves the disclosure, opening of individual narratives of people and the establishment of multidirectional new connections between them (Savinov, 2018).

**Conclusions.** A comprehensive approach to preserving and restoring the psychological health of an individual who suffered as a result of prolonged military actions involves work in three directions: research into the specifics of an individual's psychological health and the specifics of its support and restoration; development of rehabilitation technologies for victims, in particular combatants and internally displaced persons; determination of methods of mobilizing personal resources that ensure the effectiveness of social and psychological rehabilitation.

The main condition for preserving psychological health is the individual's readiness to creatively construct his own life, and the means of recovery is the rehabilitation process, which promotes the activation of life creation and increases the level of subjective well-being in the family, personal, and professional spheres. The effectiveness of recovery is ensured by taking into account indicators, criteria, vectors, meaningful targets of rehabilitation interventions. Equally important is the step-by-step specification of rehabilitation effects, the possibility of targeted inclusion of communities in the system support of their members, and a team approach by specialists of various profiles.

Ways to involve troubled youth in recovery are readiness to focus on the positive experience of their peers, support of the veteran community, help of religious organizations, activation of the desire for a prosperous life. Prevention of relapses of antisocial behavior involves the use of technologies aimed at reinterpreting traumatic experiences and forming prosocial behavior patterns.

Among the reasons for the decrease in the level of psychological health, a major role is played by the acute experience of losses by combatants and internally displaced persons, the state of alienation of demobilized persons in relation to society, other people, and work. Accordingly, technologies for restoring self-efficacy and life continuity of the personality, its constructive dialogue with the world, life, self, and meaning are effective.

Restoring the psychological health of the individual involves the involvement of the following resource modes: basic (increasing the vitality of the individual); instrumental (use of mobile applications that partially replace psychological support) and buffer (playback action that promotes group recovery).

We see prospects for further research in the development of methods and strategies of social-psychological support as a mediator of personal transformations of victims of war during the period of transition to the conditions of peaceful life. It is planned to

investigate the types of socio-psychological support in accordance with the conditions and nature of traumatization of different segments of the population, to single out effective strategies for promoting constructive personal transformations that ensure effective readaptation and improvement of life-making processes.

#### References:

1. Brooks SK, Dunn R, Amlôt R, Rubin GJ & Greenberg N. (2017) Social and occupational factors associated with psychological wellbeing among occupational groups affected by disaster: a systematic review // *Journal of Mental Health* <http://dx.doi.org/10.1080/09638237.2017.1294732> [in English].
2. Cherniavska M. O. (2018) Tekhnolohii podolannia vidchuzhennia v uchasnykiv boiovykh dii [Technologies to overcome alienation in combatants] // *Nauk. stud. iz sots. ta polit. psykhol.* [Scientific studies on social and political psychology]. NAPN Ukrainy, In-t sots. ta polit. psykhol. Vyp. 41 (44). [in Ukrainian].
3. Crone D.M., Sarkar M., (2019) *Mental Health first aid for the UK Armed Forces* // Health Promotion International / Oxford University Press // <https://academic.oup.com/heapro/advance-article-abstract/doi/10.1093/heapro/day112/5304750> [in English].
4. Dvornyk M. S. (2017) Using mobile apps as a socio-psychological strategy of rehabilitation // *Психологічні науки: проблеми і здобутки : зб. наук. статей* [Psychological Sciences: Problems and Achievements] / Київ. міжнар. ун-т, Ін-т соц. та політичної психології К. : КиМУ Випуск 10. С. 53–67. [in English].
5. Hundertailo Yu. D. (2017) Art-terapevtychni tekhnolohii nadannia psykholohichnoi dopomohy vnutrishno peremishchenym osobam [Art-therapeutic technologies providing psychological assistance to internally displaced persons] // *Sposoby pidvyshchennia sotsialno-adaptyvnykh mozhlyvostei liudyny v umovakh Perezhyvannia naslidkiv travmatychnykh podiy* [Ways of increasing of the social-adaptive capacity of a person in the conditions of the consequences of traumatic events experience]: Kropyvnytskyi : Imeks-LTD, S. 61–69 [in Ukrainian].
6. Jodelet D.(2017) Culture and health practices // *Social Representations in the 'Social Arena'* ed. Silvano de Rosa A., London, New York: Routledge, pp.153-165 [in English].
7. Klymchuk V. (2018) UCU Mental Health Institute: Local Actions for Global Impact // *Journal of the Ukrainian Medical Association of North America*. Vol. 55, No. 1 (159). P. 33–37 [in English].
8. Larina T., Sydorenko Zh. (2018) Examining personality viability resources through the example of euromaidan movement during 2013-2014 in Ukraine // *Наука і освіта (Science and Education)* № 1. С. 139–148 [in English].
9. Lazorenko B., Kalnytska K. (2018) The experience of psychosocial assistance school: re-adaptation of ukrainian veterans and their wives // *Психологічні науки: проблеми і здобутки; вип. (1). К. : КиМУ* [in English].
10. Malkhazov O. R. (2018) Tekhnolohii emotsiinoi stiikosti osib, shcho

perezhyvaiut naslidky travmatychnykh podii [Technologies of emotional stability of persons who are experiencing the consequences of traumatic events] // *Psykholohichni nauky: problemy i zdobutky* [Psychological Sciences: Problems and Achievements]: zb. nauk. st. Kyivskoho mizhnar. un-tu y In-tu sots. ta polit. psykholohii NAPN Ukrainy K.: KyMU, Vyp. 11 [in Ukrainian].

11. Myronchak K. V. (2018) *Stratehiia vidnovlennia samoefektyvnosti osobystosti pry perezhyvanni vtraty* [The strategy of self-efficacy restoring of a personality in the loss experience] // *Nauk. stud. iz sots. ta polit. psykhol.* [Scientific studies on social and political psychology]: zb. statei / NAPN Ukrainy, In-t sots. ta polit. psykhol. Vyp. 41 (44) [in Ukrainian].

12. Savinov V. V. (2018) *Vykorystannia pleibek-teatru v roboti z vnutrishno peremishchenymy osobamy* [Use of the playback -theatre in the work with internally displaced persons ] // *Prostir art-terapii* [Art therapy space]: zb. nauk. prats / K. : Zoloti vorota, Vyp. 1 (23).S. 53–65 [in Ukrainian].

13. Vermetten E, Greenberg N, Boeschoten MA, Delahaije R, Jetly R, and others (2014) *Deployment-related mental health support: comparative analysis of NATO and allied ISAF partners* // *European Journal of Psychotraumatology* № 5: 23732 - <http://dx.doi.org/10.3402/ejpt.v5.23732>. [in English].

14. Vizniuk, I. M. (2019). *Vprovadzhennia PKKPT v osvitno-informatyvne seredovyshche dystantsiinoho navchannia za prohramoiu «Macromedia flash»* [Introduction of PKKPT in the educational and informative environment of distance learning under the program “Macromedia flash”]. *Tekhnolohii rozvytku intelektu*. Kyiv [in Ukrainian].

15. Winkler P., Krupchanka D., Roberts T., Kondratova L., Machû V. and others (2017) *A blind spot on the global mental health map: a scoping review of 25 years' development of mental health care for people with severe mental illnesses in central and eastern Europe* // *Lancet Psychiatry* 2017 / <http://dx.doi.org/10.1016/> [in English].